

## PRE-TREATMENT INSTRUCTIONS

- Arrive 30 minutes prior to your scheduled treatment time is required.
- Please arrange for transportation, it is preferable that you do not drive after your treatment. Cover your car seat with dark towels for the first 24 hours post procedure to avoid stains. You may take private transport, such as a taxi or Uber.
- Please confirm with us your current medications.
- **AVOID** aspirin, ibuprofen (Motrin/Advil/Aleve) and alcohol for one week before and after the procedure.
- Avoid Vitamin E, ginseng, ginger and ginkgo balboa, green tea, for one week prior to the procedure, as these products can cause blood thinning, easy bruising and bleeding.
- If you are a smoker, please inform us – \*heavy smokers should not undergo this procedure as smoking diminishes blood flow and can thereby significantly affect the healing process.
- Social or light smokers must refrain from smoking for at least one week prior to the procedure.
- Inform us of any allergies, especially to antibiotics or pain medications. Inform us of any known allergies to Latex.
- You may eat prior to the procedure and do not need to fast.
- Avoid drinking a lot of fluids the day of the procedure and please empty your bladder prior to the procedure. We perform a urine pregnancy test for all women of childbearing age, so we will ask for a urine sample. Please be prepared to use the restroom upon arrival.
- Wear comfortable clothing, it is suggested that women wear a sports bra for privacy during the treatment. Make sure the clothes you wear are not your best as they can stain after the procedure.
- Antibiotics will be ordered for you to take after the procedure, please inform us of your pharmacy number so that antibiotics can be called in and picked up prior to your procedure. Pain medications require a paper script and will be provided the day of your treatment. **START ANTIBIOTICS 1 DAY BEFORE** the procedure.
- You will be required to wear a compression garment for 2 weeks after the procedure and at night for the following 1 week. We will

provide one for you at the time of treatment. Additional ones may be purchased.

- Please have absorbency pads as these are good for drainage after the procedure. We provide a limited supply for the first day.
- Please note a \$500 deposit is required to book your procedure. This will be deducted from your treatment price. It is **non refundable**, as this covers the costs of pre made anesthetic fluid, surgical supplies, physician and surgical assistant time. In the event you need to reschedule your appointment, 1week notice is required and can be subject to an additional deposit.

#### **Additional Optional Items:**

- Post Surgical Abdominal Board – approximately \$20 from Amazon. You can Google for alternative merchants. This board fits between skin and garment for more comfort
- To limit the possibility of bruising, you may use ARNICA gel and/or capsules starting a few days before the procedure. This is NOT required but has been shown to help the healing process and can be purchased over the counter at Whole Foods, GNC, and some pharmacies. Follow bottle instructions.
- Mederma or scar guard, both found at CVS, Target, or online. This helps with post surgical wounds. Start this 2-3 weeks post op.

**Please call the office 2 days prior to pay the remaining balance.  
Please bring your photo ID and credit card on the day of procedure.**

Please call the office at 202-621-8675 or e-mail MCELaser@gmail.com if you have any questions prior to your treatment.